



Mohawk Trail State Forest

department of Conservation and Recreation

2006 Summer Programs

All Programs are free and open to the public. An adult must accompany children. Reasonable accommodations available upon request. For more information please call (413) 339-5504

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|-----------------------------|--|
| Thursday
July 20 | Art in Nature Program 11am-Noon, Nature Center
Children and adults enjoy combining elements of art with nature. |
| Friday
July 21 | Morning Meditation 8-8:30am, Nature Center
Start the day with a guided nature meditation, by breathing in awareness and breathing out relaxation. |
| Friday
July 21 | A Short Peek at Tall Trees 10-10:45am, Group Campsite
Did you know the tallest white pine in New England lives here? This short hike shows you where to look up. |
| Friday
July 21 | Snakes of New England Slide Show 7-8pm, Pavilion
Herpetologist and Stokes Guide author Tom Tynning brings his slide show containing everything you need to know about snakes – including how gentle and non-aggressive they are! |
| Saturday
July 22 | Chi Gong 10:30am-11:30am, Nature Center
Gentle standing exercises performed outdoors, enhancing body, mind and spirit. Easy and suitable for all. |
| Saturday
July 22 | Nature Hike 4pm-5pm , Group Campsite
Children and parents are welcome to explore the Nature Trail- discover weeds, mushrooms, frogs and dragonflies together! |
| Thursday
July 27 | Art in Nature Program 11am-Noon, Nature Center
Children and adults enjoy combining elements of art with nature. |
| Friday
July 28 | Morning Meditation 8-8:30am, Nature Center
Start the day with a guided nature meditation, by breathing in awareness and breathing out relaxation. |
| Friday
July 28 | Nature Hike 10-10:45am, Group Campsite
Bring your questions and water to drink on a one mile loop trail hike, moderate difficulty, moderate pace. |

Continued, next page

coming events



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2006 Summer Programs, *continued*

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|-----------------------------|--|
| Saturday
July 29 | Chi Gong 10:30am-11:30am, Nature Center
Gentle standing exercises performed outdoors, enhancing body, mind and spirit. Easy and suitable for all. |
| Saturday
July 29 | Forests and Parks on Wheels 2-5pm, Nature Center Lawn
Join the fun and games galore with the natural –gas powered van visit to Mohawk Trail State Forest – ongoing activities and answers to your questions! |
| Saturday
July 29 | Tales of the Pioneer Days Campfire! 7-8pm, Pavilion
Dennis Picard visits dressed in the garb of the pioneer whose stories he tells – he brings his musket and other historically fascinating items to enhance the tales. |

The Nature Center is OPEN 1 - 3pm on Thursday, Friday and Saturday- and it is full of natural wonders –come and see for yourself!

coming events